

MONDAY (04.07)

Chicken stroganoff, buckwheat, mixed peppers

Chicken, chicken stock, **butter (milk)**, chestnut mushroom, onion, garlic, tomato puree, paprika, **cream (milk)**, parsley, buckwheat, pepper

Pea and mint soup, cheese bread

Soup: Onion, celery, garlic, mint, pea, butter (milk), vegetable stock Bread: Wheat flour, yeast (gluten), cheddar (milk)

Parsnip pancake, calcium pot

Parsnip, mascarpone (milk), apple, blueberry

TUESDAY (05.07) [P]

Spring vegetable lasagna

Mixed pepper, carrot, broccoli, onion, tomato, parsley, rapeseed oil, wheat lasagne sheet, butter (milk), wheat flour, milk, cheddar (milk)

Cod goujons with oven baked chips, house made tomato ketchup, green beans

Cod (fish), wheat panko, egg, wheat flour, rapeseed oil, potato, tomato, tomato puree, apple cider vinegar, date (sulphite), green bean

Vanilla cheesecake, pear

Vegan butter, wheat flour, raisin
(sulphite), ricotta (milk), cream (milk),
agar, pear

WEDNESDAY (06.07)

Chicken meatball with tomato sauce, rice

Chicken, onion, tomato, cream (**milk**), wheat panko, garlic, ginger, jasmine rice, vegetable stock

Spanish omelette, buttered corn on the cob

Potato, onion, rapeseed oil, parsley, egg, mixed pepper, marrow, sweetcorn, butter (milk)

Beetroot muffin

Wheat flour, butter (milk), egg, baking powder (gluten), beetroot

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THURSDAY (07.07) [P]

Fisherman's pie, green beans

Cod (fish), salmon (fish), prawn (crustacean), leek, beans, garlic, sweet potato, butter (milk), wheat flour, milk, fish stock (fish), chive, lemon

Carrot mixed peppers risotto

Risotto, carrot, mixed pepper, parmesan
(milk), vegetable stock, shallot, butter
(milk)

Apple crumble

Apple, wheat flour, raisin (sulphite), butter (milk), cinnamon, nutmeg, ReadyBrek (gluten, milk)

FRIDAY (08.07)

Spaghetti bolognese

Beef, rapeseed oil, onion, garlic, thyme, carrot, **celery**, tomato paste, tomato, basil, oregano, **wheat** spaghetti

Tabbouleh, falafel, humus, cucumber

Bulgur **wheat**, tomato, parsley, lemon, pepper, mint, chickpea, cumin, lemon, onion, gram flour, rapeseed oil

Fruit salad, calcium pot

Seasonal fruits, mascarpone (milk), apple, blueberry

SATURDAY (09.07) [V]

Asparagus cheese quiche (wholewheat), seasonal veg Wholewheat flour, butter (milk), water, asparagus, egg, creme fraiche (milk), parmesan (milk), heritage tomato, olive oil

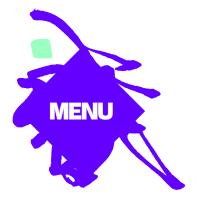
Spring vegetable soup, garlic bread

Soup: Rapeseed oil, onion, thyme, garlic, leek, carrot, onion, mange tout, spring green, new potato, vegetable stock, watercress, butter (milk) Garlic bread: wheat flour, yeast (gluten), butter (milk), minced garlic

Apple sponge cake, seasonal fruits

Self raising wheat flour, egg, milk, raisin (sulphite), baking powder (gluten), rapeseed oil, apple, grape

[V] Vegetarian days [Vg] Vegan days [P] Pescatarian days



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Storage instructions

Put in the fridge as soon as you receive the food unless consumed immediately. Please consume within 3 days. Please consume any rice dish within 24 hours and do not reheat more than once.

Reheating suggestions (depends on your individual appliances)

Soups, pasta, curries and rice dishes are suitable for microwave (please take content out of the container) or can be reheated on the hob (with a splash of water or a spray of oil if necessary).

Risotto is best reheated on the hob with a touch of butter and water.

Lasagne, pies, bakes, fish goujons, omelette or anything that comes in a tin foil container is best reheated in the oven, covered with foil, 180C for 10-15 minutes (with a splash of water or a spray of oil if necessary). Please take the content out of the tin container if using microwave.

Quiche can be enjoyed warm or cold.

Fish dishes are best consumed immediately. Use oven with a spray of oil otherwise.

Breads can be enjoyed warm or cold. Use oven (160-180C) for 2-3 minutes to reheat if enjoying warm (watch not to burn).

Always reheat until food is piping hot (>75C). Always check the temperature before serving

Consumption notes

Please ensure your baby / toddler is sitting down while eating.

While every care has been taken to remove bones, please use caution when eating fish dishes as they may contain fish bones.

Cooked in a facility that also handles all allergens. Consume at your own risk.

Please note V&Me reserves the right to change dish or ingredient last minute. We will do our best to inform you of any changes.

Top tips on feeding young children (we know you are probably doing them already!)

Make sure they are sitting comfortably (no dangling feet) and are not too tired or full. Having regular intervals between meals may help.

A relaxed environment with no pressure is the best for them to explore new food and tastes. Mess is good!

Try to eat with them if you can: Role modelling is the best way for them to learn.

Food consumption varies naturally so don't worry if they are eating "too much" or "too little" during one meal or day, looking at their food intake during a whole week is more helpful.

Repeated exposure to a wide variety is the key to preventing fussy eating and ensuring optimal nutrition. Patience does pay off!